

# ANNECY INFORMATION PACK



## TRIP OVERVIEW

The magical Lake Annecy is set against a backdrop of spectacular mountain peaks in the stunning Haute-Savoie region of France. At 14.7km in length, it is the third largest lake in France; a beautiful and impressive addition to any long distance swimmer's repertoire. The lake is fed by mountain springs, and is famous for its clean water and its unique light-turquoise colour.

### IS THIS FOR ME?

The SwimQuest Annecy trip is designed carefully so that you feel fully prepared and supported for your swim. This trip is designed to help you complete your swim, it is not designed to be a 'relax and explore trip'. 15km is a big distance, so our guides will feed you, brief you, encourage you and do everything they can to help you achieve your goal. You will have two guides looking after you for your swim, one in your own personal support boat, and another providing roadside assistance. Whether you decide on a solo or a relay, you will need to prepare yourself for your swim and come trained and ready to complete the distance. We accept wetsuit and non-wetsuit swimmers. In June the water temperature is likely to be between 16-18°C, and in September the water is likely to be around 18-19°C. If you are at all unsure, feel free to call the office for some help and training advice. There is a 6.5 hour cut off time for the swim, however we will do our utmost to help you fit your swim into the day.

We offer solo swims, two-person relays (we advise 45 mins each in rotation), three-person relays (45 mins each in rotation) or four-person relays (30 min each in rotation). Relay teams all sit on the escort boat with the relay swim guide when not swimming.

### AT A GLANCE

- This trip runs from Friday – Monday. There are two slots available on Saturday AM, and two on Sunday AM.
- Non-swimmers are welcome to join the trip. Soloists are permitted one supporter on the support boat (unfortunately there is not enough space for relay teams to take supporters)
- Group size max. 8 swimmers (these may include relay teams)
- Water temperature approx. 16°C – 19°C
- 6.5 hour swim cut off (approx 2.3 km / hour)
- Everything included except transport to Cote Ouest apartments, plus any sightseeing you may wish to do
- Easily accessible from Geneva airport



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## TRIP LOGISTICS & PRICING

	SWIM (Solo or Relay)	SWIM (Solo or Relay)
SWIM GROUP A SATURDAY MORNING (SUNRISE START)	SLOT 1	SLOT 2
SWIM GROUP B SUNDAY MORNING (SUNRISE START)	SLOT 3	SLOT 4

### WHAT'S INCLUDED?

- 3 night's accommodation at Cote Ouest (based on a twin or double room, a supplement of £445 applies if you would like a room of your own)
- Dinner on Friday evening, breakfast, lunch and dinner on Saturday and Sunday, and breakfast on Monday morning
- Your own personal safety boat and SwimQuest guide for the duration of your swim
- An additional SwimQuest guide on road transport support
- Your swim feeds (we supply maxi, jelly sweets and bananas – please let us know if you would prefer to bring your own swim feeds)
- Transport to and from swim start and finish
- VAT

The only costs that are not covered are your travel to and from Cote Ouest, any alcohol purchases, wetsuit hire (you are expected to bring your own wetsuit which you should feel comfortable swimming in) and any additional activities you wish to participate in outside of the tour schedule.

### PRICING:

Solo price: £1890pp, two person relay: £1140pp, three person relay: £980pp, four person relay: £720pp

### ROOM ALLOCATION: DISCOUNTS AND SUPPLEMENTS

Please note some of the apartments have sofa bed areas. We do not allocate these as standard, however if you are prepared to take a sofa bed within an apartment we can offer a £100 discount on your trip price.

If you would like to upgrade to a lake view apartment, please contact the office for availability and pricing ([alice@swimquest.uk.com](mailto:alice@swimquest.uk.com)).

### ACCOMMODATION & MEALS



We stay at the stylish lakeside Cote Ouest Apartments, which provide direct access to the circular lakeside path, and are just a few minutes drive from the historic town of Annecy. Cote Ouest is modern, stylish and a great base to get yourself prepared for a swim, and relax afterwards.

### ACCOMMODATION ADDRESS:

Cote Ouest, 765 Route d'Albertville, 74320 Sévrier, France +33 6 18



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## MEALS AND DRINKS

All meals from Friday evening to Monday morning are included in your trip price, and will be served in “Le Loft” overlooking the lake. Bottled water, tea and coffee is provided alongside meals, however any alcohol is at your own expense.

If you have particular dietary requirements, we are happy to cater for you, please just let us know in advance.



## ROOMS

Rooms are allocated on a twin or sole use basis. If you would like a room to yourself, there is a sole use supplement of £445. If you are happy to take a sofa bed, then we can discount your trip by £100.

## TRAVEL & TIMINGS

This trip officially begins on Friday afternoon when all guests arrive at Cote Ouest (ideally by 5pm). The trip finishes on Monday morning, usually after an optional sunrise swim and breakfast.

(Cont. overleaf)

## GETTING THERE

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## Air

Anncy is 35km from the International Airport of Geneva. From Geneva airport, there are links to Anncy by train and bus. We would advise using [www.skyscanner.net](http://www.skyscanner.net) to find the cheapest flight options for you.

## Getting from Geneva Airport to Lake Anncy

### Transalis Bus

A cheap and easy option is to take a Transalis Bus service from outside the airport to Anncy Rail Station. You can then get a taxi to Cote Ouest, or if you let us know your arrival time at Anncy Station in advance, depending on your arrival time, we can come and collect you.

Book a bus ticket via [www.transalis.fr](http://www.transalis.fr) (return travel to Anncy €28 – journey time 1 hour 50 minutes)

### Taxi

A private taxi from Geneva airport to Anncy will cost about €150-175 one way.

### Car Hire

Car hire costs can be reduced if shared among a group and can give greater independence during the weekend. If hiring a car, do so from the French side of the airport. The French side of Geneva airport is actually called Geneva Ferney-Voltaire Airport. Once you have picked up your luggage go through to airport arrivals, turn left and follow French flag signs to enter the French Sector. There are many car hire companies to choose from (e.g. Europcar, Avis etc).

**N.B. - Returning to Geneva Airport (French Side)** If you have hired a car from the French side of the airport you will have to return the car to the same side. Your car hire company will give you directions and advice when picking up your car on the best route to drop off the car.

## Directions to Lake Anncy From The Airport

Once you have picked up your rental car there are two routes to get to Anncy. The most direct route crosses into Switzerland and along the Swiss Autoroute. For this, you will need to purchase a vignette (toll sticker) which costs around €40, payable at the toll. The alternative route does not cross into Switzerland, is slightly



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longer, but more scenic. This is the route that we would suggest taking and your car hire company will be able to provide a route map. Most hire cars offer satellite navigation for additional help if required.

## YOUR ITINERARY

Your itinerary for the weekend is designed to help you complete your swimming challenge. This being said, nature can be unpredictable. Your guides will do their utmost to ensure that you complete your swim during the weekend, however timings may be flexed in order to make this happen. If the weather dictates that it is not safe to complete your swim during the weekend, the guides will do their best to offer an alternative window before you leave. This however cannot be guaranteed.

### FRIDAY EVENING



Once everyone has arrived and settled in, your SwimQuest guides will complete a safety briefing. In the evening you can sit back, relax and get to know your fellow swimmers over a home-cooked meal overlooking the lake.

### SATURDAY



Swim Group A will set off at sunrise. While Swim Group B can get up and have a leisurely breakfast, before watching the swimmers pass the apartments (usually around 8.30am). Swim Group B will be served an early lunch in preparation for their afternoon swim which will begin around 1pm. Sunday's swimmers are welcome to head into Annecy town and enjoy the old town, or walk around the lake on the lake path. Dinner will be served early so that tired swimmers can make their way to bed if they wish.

### SUNDAY



Swim Group B will set off at sunrise. While Swim Group A can get up and have a leisurely breakfast, before watching the swimmers pass the apartments (usually around 8.30am). Swim Group A will be served an early lunch in preparation for their afternoon swim which will begin around 1pm. Saturday's swimmers are welcome to head into Annecy town and enjoy the old town, or walk around the lake on the lake path. A celebratory dinner will be held in the evening!

### MONDAY

Monday morning, we will offer a pre breakfast swim for anyone willing. After breakfast, it's time to pack and head home.

## TRAVEL ESSENTIALS



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## PASSPORTS AND VISAS

France is part of the European Union. Non-French residents require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of most countries, including all E.U. member states, U.S., Canada, Australia and New Zealand do not require a visa to enter France. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

## VACCINATIONS

There are currently no essential vaccination requirements for France, however we advise you to check this information eight weeks before you travel. It is also advisable to check that you have up to date tetanus and polio.

## INSURANCE

As a SwimQuest guest, you are required to have in place travel insurance that covers you for all activities you will be taking part in during your trip. It is **your responsibility** to ensure that you are fully covered for these activities.

Whatever travel policy you decide on, you will need to bring a copy of your current Certificate of Insurance to the safety briefing at the start of your SwimQuest holiday. Your swim Guides will need to take a note of your insurer, policy number and the number to call in case of an emergency claim.

If you are looking for a travel insurance policy, we love [worldnomads.com](http://worldnomads.com) because they make choosing the right policy as painless as possible. Visit [www.swimquest.uk.com/insurance](http://www.swimquest.uk.com/insurance) to find out more.

Worldnomads.com do not offer cover over 65s, however if you are over 65 and looking for insurance, please feel free to contact us and we can put you in touch with alternative providers.

## PACKING

In addition to your everyday clothing and personal travel items, we would also recommend packing:

- At least two swimming costumes you have tried out and are happy with
- A wetsuit should you wish to wear one
- Two pairs of swim goggles (a spare in case you have issues with the first pair)
- Swim ear plugs if you are used to wearing them
- A beach / swim towel (the hotel provides room towels)
- Sandals, aqua shoes or flip flops which you would be happy to get wet if necessary
- Warm clothes which are easy to put on after your swim. I.e. loose fitting t-shirt, fleece, tracksuit bottoms, big socks, warm hat, DryRobe / similar
- Sun hat, sun cream and sunglasses
- Comfortable walking shoes

## FAQs

### What if I can't complete the distance?

Your swim will be escorted by a motorised boat. In an emergency, we can get you out of the water, however your swim guide will do their utmost to encourage you to complete your challenge, unless of course there are safety concerns at play. If you would like to swim just a part of the lake, that's fine too – however our costs remain the same.

### Will my guide be able to take pictures?



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Of course! We will send any SwimQuest photos through to you after the tour. You can take your own camera on the boat, however guides cannot be responsible for its safekeeping.

## **Will there be access to WiFi at Cote Ouest?**

Yes, there is WiFi at the apartments.

## **How much should I train?**

If you are worried about training, feel free to call us for a chat, we would be happy to help where we can.

## **Who are my swim guides?**

All our guides are qualified as Beach Lifeguards, including a First Aid at Work qualification, and have an RYA Powerboat Level 2 license to use a RIB or dinghy. For more information about our guides please visit [www.swimquest.uk.com/guides](http://www.swimquest.uk.com/guides).

**If you have any queries please don't hesitate to contact us.**

**We can't wait to help you achieve your Anancy goal.**